



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

May 31, 2023

RE: \$750k for YMCA of Sumter Senior Community Center

Recipient Entity: YMCA of Sumter

Recipient Type: Non-profit

Tax ID: 57-0314417

Point of Contact: Missy Corrigan

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\$750,000 from the state of South Carolina will be used to construct a senior community center. This facility will be located on existing YMCA property and facilitate the YMCA's vision to provide effective programs and services to seniors regardless of race, gender, or socioeconomic status, address social isolation and loneliness in our aging population by providing low to no cost activities, and offer health education programs and volunteer opportunities. Community health programs, activities, and services for the aging population will be coordinated and executed by the Sumter YMCA staff and will utilize the YMCA's operating budget and augmented by monetary donations from community partners.

Today, many seniors experience much higher rates of loneliness and social isolation than their cohort has in decades past. Referred to as the 'loneliness epidemic' by the U.S. Surgeon General, the health impact of social disconnectedness ranges from cognitive decline and increased depression rates to decreased mobility and a higher mortality risk from chronic diseases, all of which has a significant impact on our healthcare system, workforce, and economy. Research published in the Journal of Health and Social Behavior shows that benefits gained by reducing social isolation are comparable to the health benefits gained by quitting smoking.

Studies show that social connections for the aging population mainly occur at community centers, uniquely positioning the Y to address these concerns. Expected positive outcomes include improved mental and physical health, greater engagement in relationships, work and community, and a strengthened sense of belonging. Because health equity is foundational to all of our work at the Y, this community health center will address the needs of our community's senior population by providing a more effective, accessible physical and social environment that in-turn provides a valuable service.